

JUMP ROPE ROUTINE

You need to choose 5 skills you have learned that you will put together to create a jump rope routine. You need to practice your routine so you can preform it without making a mistake. When you preform your routine you need to repeat it without stopping. This routine is worth 18 points.

Name: _____			Total Score ____ / 18
6	4	2	
There were no mistakes during the routine.	There was 1 mistake during the routine.	The routine had 2 or more mistakes.	
The routine was repeated.	The routine was partial repeated.	The routine was not repeated.	
The routine had 5 or more skills.	The routine had 4-3 skills.	The routine had 1-2 skills.	

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NAME: _____

JUMP ROPE SKILLS

1. Single Jumps (20 times) _____
2. Single Side Swing (10 each side) _____
3. Double Side Swing (10 each side) _____
4. Skier (10 each side) _____
5. Bells (10 each side) _____
6. Peek-A-Boo (10 each side) _____
7. Double Peek-A-Boo (10 each side) _____
8. Side Straddle (15 times) _____
9. Forward Straddle (15 times) _____
10. Double Straddle (5 times) _____
11. Twister (15 times) _____
12. Penguin (10 times) _____
13. Boxer (16 times) _____
14. Criss Cross (10 times) _____
15. Side Swing Criss Cross (7 each side) _____
16. Toe to Toe (10 each side) _____
17. Heel to Heel (10 each side) _____
18. Heel to Toe (7 each side) _____
19. Knee Ups (10 each side) _____
20. Double Unders (10 times) _____
21. The X (10 each side) _____
22. Jogger (25 times) _____
23. Pop Ups (10 times) _____
24. 180's (6 times each way) _____
25. 360's (6 times each way) _____
26. EB's (5 times each way) _____

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